



# NASK Ombudsman Newsletter

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Hello NASK Family!

Your NAS Kingsville Ombudsman here! I do believe this year is flying by! With the holidays quickly approaching please make sure to mark your calendar for some fun events coming your way! October 17th will be this years Navy Ball, following tradition make sure to get those dress uniforms ironed and the cinderella dresses fluffed! Keep an eye out for more information on ticket sales, and this years USO sponsored Cinderella's Closet! Also this year plan to attend a fun evening of dancing and celebration for NASK's Adult Christmas Party. The date will be December 4th, more information will be available later this year!

As summer rolls on please stay diligent in staying safe, the heat is rising and so does the risk of heat related injuries. Also you may see a rise in your energy bills, some tips for reducing the cost and conserving energy.

- Turn off lights when not in use.
- Curtains help block out heat (Especially the black-out variety) and keep rooms cooler.
- Make sure you change your air filters regularly for best performance.
- Outdoor units can collect grass and dirt, hosing them out can help them work a little easier and reduce those bills.

New addition to the NASK Branch Health Clinic. In order to better serve you, Naval Branch Health Clinic Kingsville is pleased to announce the return of the Health Benefits Advisor to the clinic.

The Health Benefits Advisor, Mrs. Charlene Hager, **will be in the clinic every Thursday from 0800-1500** to discuss any issues you may have concerning your TRICARE benefits. Though there is no need to schedule an appointment with Mrs. Hager, if you would like to schedule an appointment please contact her anytime by calling [361-961-2810](tel:361-961-2810).

Have a great month of August!!!!

-Melissa Smith

## Hail and Farewell

July 31st marked an important day for NASK. We recognized and honored an incredible Sailor and Master Chief. The retirement of Command Master Chief Randy Foust following navy tradition, highlights the accomplishments of a 30 year career in the United States Navy. It also began a new legacy for Nas Kingsville as we officially welcomed a new CMC to the ranks, CMC Tomas Garcia. I wish CMC Foust and his family a wonderful new chapter in their lives and warmly welcome CMC Garcia to our military family. They both wanted to share some words during this time of change.



Team Kingsville,  
As my tour comes to a close; I want to take an opportunity to say THANK YOU! Thank you for your service. Thank you for your sacrifices! Sara and I have been blessed beyond our comprehension having had the opportunity to service with you! Thank you for your friendship, companionship, or mere interactions.

We have enjoyed all of the great USO, MWR, Command and City events we have had the chance to share with you.

I would like to call out Jennifer, Megan, Lecie, Shannon, and Melissa, a special thanks goes to these Spouses as absolute force multipliers! Their engagement with our command, community and each other has truly enriched the lives of so many.

What's next for us? Sara and I have decided to call Kingsville home. For those that are scratching your heads, no we are not from Texas, we are actually from Illinois, Indiana areas. We are absolutely aware of how small Kingsville may feel but the warm hearts and open arms of those we have gotten to work with absolutely make this a place for us. I would encourage you to take the time to embrace Kingsville and I am positive it will embrace you back!

As an example of things for you, Please remember on the second Saturday of every month there is a tour offered of the Museum, Saddle Shop and then lunch at Harrell's all Free... Third Saturday King Ranch Tour Free... First and third Thursday at Fleet and Family USO Lunch Free all of these are offered to the Members AND their families. Finally, I want to extend a warm welcome to CMDCM Tomas A. Garcia – Call Sign “COB”. He certainly has my envy as he starts his tour in this well-hidden gem known as NAS KINGSVILLE!

Fair Winds to all of you!

CMDCM Randy Foust



Hello Family!! Marcie, Jayden and I are very excited to be here in South Texas. I can't say enough how happy we are to have the opportunity to serve so close to my hometown of Bishop. That's right; I'm a hometown guy looking to serve both our Sailors and Staff here at NAS Kingsville all-the-while giving back to the local community. So while I may not be a native to the aviation community, I certainly am a native to South Texas.

As a previous Submarine Chief Of the Boat (COB) of 2 boats and Command Master Chief (CMC) of the Submarine Learning Center in Groton, CT I have had lots of experience working with Families, Civilians and Sailors. Your Sailors will soon learn I use the word FIRE as acronym for the pillars I hold nearest to my heart and the focal point of my day to day operations in support of our command's mission. As we all know, fire is an extremely powerful reaction or combustion that if not treated or contained properly can quickly spread out of control. In my acronym, FIRE stands for Family, Integrity, Respect and Education or Execute. My mission is to keep the FIRE burning but contained.

**Family first.** Each of you reading this newsletter is a member of my Navy family. I look forward to get to know you and do my part to help our Family wherever and whenever I can. Never suffer in silence! If there is an issue, please make sure the Ombudsman or I know.

**Integrity.** Every Sailor knows or should know that Integrity is the foundation of our Navy Core Values. We must always do what is right, even when nobody's looking. Never compromise your integrity on duty or off duty.

**Respect.** Treat EVERYONE with respect.

**Education or Execute.** If you aren't executing the command's mission then you should be getting educated! It doesn't matter if you are studying for a qualification, the next paygrade or a degree, never be satisfied. This carries over to our family. What are you doing at home to better yourself? How can the Navy help?

Finally, thank you again to all for the warm welcome back home! We look forward to meeting you whether it is at an event on base or the local Wal Mart, Lowes or HEB. Please feel free to stop us and introduce yourselves.

Giddy Up Kingsville!  
COB

## Spouses Club



Megan Hogan -President  
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Spouses club is currently updating the always helpful “Spouses Survival Guide”, if you have any information about new businesses in the area or updated reviews please contact Megan and lets make this edition the best yet!

### Military Spouses on the Move: Finding a New Job

Moving can be an adventure. However, frequent relocations often cause military spouses to face a unique set of challenges when it comes to employment continuity, upward career mobility and job-related education/training. The Family Employment Readiness Program (FERP) at your local Fleet and Family Support Center (FFSC) is here to help. FERP provides no-cost consultations, programs and services to help families in the job search process. Consultants are available to guide family members on career planning, job seeking and resume writing. Workshops are also offered on portable careers for military families on the move,

In addition to the FFSC services, spouses are encouraged to take advantage of a variety of Department of Defense or community- based programs:

**Spouse Education and Career Opportunities (SECO):** The SECO program works to ease transitions with specialized career counselors, information on transferring professional credentials, help with job searches and information on educational opportunities. The MySECO website ensures spouses have 24/7 access to online education and career information, resources, tools and assessments. Using the tools and assessments there, spouses can begin to explore their interests, skills, passions and personality types to determine the best fit for education and career choices.


**My Career Advancement Account Scholarship:** This workforce development program provides up to \$4,000 in financial assistance to help eligible spouses meet their education, licensing or certification goals.

**Military Spouse Employment Partnership (MSEP) Career Portal:** The MSEP Career Portal allows spouses to set up a personalized account, build a resume, search for available positions and link to an MSEP partner's website to apply for available jobs online. The site also provides additional resources and support services, as well as advice on how to make and manage networking connections.

# Santiago Fitness Center

## August 2015

### Group Exercise Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 0615-0700 Interval 0815-0900 Cycle  <b>Classes will not be held for the day</b>	4 0615-0700 H.I.I.T. 0900-0945 Circuit	5 0615-0700 Cycle 0815-0910 Weight Training  <b>Classes will not be held for the day</b>	6 0615-0700 H.I.I.T. 0900-0930 H.I.I.T.	7 0615-0700 Water Challenge (IN CASE OF BAD WEATHER, A CLASS WILL BE HELD INDOORS)	8
9	10 0615-0700 Interval 0815-0900 Cycle  1700-1745 H.I.I.T	11 0615-0700 H.I.I.T. 0900-0945 Circuit	12 <b>Splash and Dash 4100 meter Duathlon 0705</b>  <b>Classes will not be held for the day</b>	13 0615-0700 H.I.I.T. 0900-0930 H.I.I.T.	14 0615-0700 Water Challenge (IN CASE OF BAD WEATHER, A CLASS WILL BE HELD INDOORS)	15
16	17 0615-0700 Interval 0815-0900 Cycle  1700-1745 H.I.I.T	18 0615-0700 H.I.I.T. 0900-0945 Circuit	19 0615-0700 Cycle 0815-0910 Weight Training  1700-1745 H.I.I.T	20 0615-0700 H.I.I.T. 0900-0930 H.I.I.T.	21 0615-0700 Water Challenge (IN CASE OF BAD WEATHER, A CLASS WILL BE HELD INDOORS)	22
23/30	24/31 0615-0700 Interval 0815-0900 Cycle  1700-1745 H.I.I.T	25 0615-0700 H.I.I.T. 0900-0945 Circuit	26 0615-0700 Cycle 0815-0910 Weight Training  1700-1745 H.I.I.T	27 0615-0700 H.I.I.T. 0900-0930 H.I.I.T.	28 0615-0700 Water Challenge	29



## MWR Upcoming Events



# August 2015

**august morale welfare & recreation event schedule**

5 AUG 1900	Liberty Wednesday Movie Showing
6 AUG 1900	Bingo Nights @ the No-Fly Zone
7 AUG 1900	Texas Hold'Em Poker Night @ the No-Fly Zone
12 AUG 0705	Santiago Fitness Center Splash N Dash
12 AUG 1030	Station Library Pirates & Princesses Party
12 AUG 1900	Liberty Wednesday Movie Showing
13 AUG 1900	Trivia-On-Tap @ the No-Fly Zone
14-15 AUG TBA	CYC Open Rec Trip "LOCK-IN WITH NASCC"
15 AUG 1100	NASK MWR Back To School Splash
15 AUG 1100	King Ranch Tours
19 AUG 1900	Liberty Wednesday Movie Showing
22 AUG 1930	Dive-In Movie Family Movie Night "HOME"
26 AUG 1930	Liberty Wednesday Movie Showing
28 AUG 2000	Casino Nights @ the No-Fly Zone
29 AUG TBA	CYC Open Rec Trip "DINNER AND CC HOOKS GAME"

monday
tuesday
wednesday
thursday
friday
saturday
sunday



**BACK TO SCHOOL SPLASH**  
USAA  
LOCATION: SANTIAGO FITNESS CENTER POOL  
DATE: 15 August 2015  
TIME: 1100 to 1400  
Music, Food, Water Slides, Games, and lots of exciting fun in the pool!  
**FREE FAMILY EVENT!**

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3	4				8	9	
10	11					16	
17	18		20	21		23	
	25		27			30	
31							

## Back to school tips...

AUGUST 2015

### Preparing for Back-To-School Without Stress

*Submitted by Navy Operational Stress Control Program*

Transitioning from fun in the summer sun to a new, school-focused schedule can be very stressful. It can also be an opportunity to make positive changes to routines and perhaps avoid last year's pitfalls.

Here are some tips to help you and your family navigate the stress of back to school season:

- **Shop smart:** Take advantage of tax-free shopping on your local base or in your community and stick to the school-supplied lists as best you can to avoid overspending. You can also search online for used textbooks and free shipping offers or visit a local dollar store for smaller items, such as pens and pencils.

- **Visit the school:**

If your child's school hosts an open house, take advantage of the opportunity not only to see the classrooms and meet the teachers for yourself, but to familiarize your child with where they will spend their days.

- **Create a family calendar:** Knowing who needs to be where and when will build confidence, reduce stress and create a greater sense of control and trust within your family. Make sure you include family time, whether it is a family movie night or a visit to a local park.

Above all, encourage your children. Your love and support will help ease any stress they may be experiencing about the new school year.

For more comprehensive tips to navigating back-to-school stress, read parts [one](#) and [two](#) of the Strategies for Tackling the Stress of Back-to-School on the Navy's Operational Stress Control blog.



#### PFM Video Series

The Personal Financial Management program has created a [series of four videos](#) to provide a brief introduction to financial issues of importance to Sailors and their families. These three-minute videos will help Sailors and families navigate some of the financial issues they face: Credit Reports / Credit Scores; Marriage and Money; Vacation Planning; and Renting vs. Buying.

#### Relocation Tip

Wondering what your life would be like living in another country? Culture Grams located on [DoD MWR Library](#)

Resources will allow you to experience detailed cultural information on more than 200 countries.



#### New Spouse Orientation

New Spouse Orientation is offered as an [on-demand course](#) designed to support new Navy spouses. It provides information on benefits, support services, military culture and resources to help spouses adapt to the military lifestyle.

**NAVY** 

**U.S. Navy  
Individual  
Augmentees**



#### IA Discussion Group Schedule

[View the Fleet-wide list of classes, support groups and events.](#)

#### Returning Warrior Workshops (RWW)

Returning Warrior Workshop Schedule and IA Family Events — [www.ia.navy.mil](http://www.ia.navy.mil)  
Click "Resources" then "IA Services."



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**1-877-JSS-NOW1**  
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